

ADULT ENRICHMENT

Pilates (5 Classes)

Feel taller, stronger, and energized all summer long through Pilates! In this mixed-level mat class you will tone and strengthen your "core" — the abdominals, gluteal, and postural muscles — while increasing your flexibility. You will develop greater body awareness as you learn how to align your body and use breathing cues to enhance the effectiveness of the movements. No prior experience is necessary. Please bring a towel or mat. It is best not to eat prior to class. Ages 15 and over.

Cost: \$43 Resident, \$54 Non-resident
Drop In: \$10 Resident, \$13 Non-resident
Location: Recreation Center Meeting Room
Instructor: Stephanie Funk
Day/Time: Mon., 6-7pm
5610.301 M 6/18-7/16
5610.302 M 7/30-8/27

Improvisation (8 Classes)

This is an improvisation class for students of any level of experience. Chris Blair, who studied at the American Conservatory Theater, teaches a class that covers fundamental through advanced improv skills. We will cover the basics of improv, go through exercises based on status and personal space, to ones based on narrative and go on to advanced improv exercises. No class 7/4 & 8/8. Ages 18-over.

Cost: \$90 Resident, \$105 Non-resident
Location: Recreation Center Meeting Room B
Instructor: Chris Blair
Day/Time: Wed., 6-9pm
5118.301 W 6/20-8/22

Adult Intro to Ice Skating (6 Classes)

You can have fun learning how to ice skate while getting some exercise too! Basic skating skills will be covered in the six-week courses. Class fee includes one-half hour lesson, skate rental and practice time immediately following each lesson. Be sure to dress warmly and wear thick socks. Please be sure to arrive 20 minutes prior to lesson to check-in and get skates on. Ages 16-over.

Cost: \$64 Resident, \$79 Non-resident
Location: Ice Center at San Mateo
Instructor: Ice Center Staff
Day/Time: Thurs., 7-8pm
5400.301 Th 6/7-7/12
5400.302 Th 7/26-8/30

Women's Weight Training (16 Classes)

Whether you are 18 or 80, you never outgrow the need to exercise and stay fit. Strengthen, tone and shape your muscles through a variety of resistance training exercises. Workouts can be adjusted to fit your individual goals. This is a serious weight training and body building program and is recommended to anyone who is serious about getting and staying in shape. Class is limited to 22 students - so sign up early! Ages 18-over.

Cost: \$50 Resident, \$63 Non-resident
Lab Fee: \$15 payable to instructor at 1st class
Location: Recreation Center Meeting Room & Exercise Room
Instructor: Kristin Allen
Day/Time: Tues. & Thurs., 5:15-7pm
5904.301 T & Th 6/19-8/9

AM Yoga & Rhythm (8 Classes)

Men and women of all ages will benefit from easy and effective yoga postures in a non-competitive environment. No experience is required. We will begin warm-ups with movements to lively rhythms, followed by relaxation and stretching. Feel recharged in body, mind and spirit and take the energy into your daily life. Please bring a mat and an empty stomach to class. No class 7/4 & 7/18. Ages 15-over.

Cost: \$83 Resident, \$98 Non-resident
Drop In: \$12 Resident, \$15 Non-resident
Location: Recreation Center Meeting Room
Instructor: Monika Neal
Day/Time: Wed., 10:30am-12noon
5600.301 W 6/20-8/22

50+ Yoga Classes offered at the Senior Center. For more information see page 35 or call the Senior Center at 650-616-7150.

Yoga (5/6 Classes)

Yoga means union and is designed to assist in integrating mind, body and spirit. Each yoga posture not only helps us to relax, strengthen and tone, but also aids in opening major energy centers. Over time, many of us build up and hold blocked energy within, creating tension, stress and disease, which limits us from vibrating at our highest level. Take time for yourself and join this non-competitive, relaxing and life-giving environment. No previous experience is necessary. Please bring a mat or towel. It is best not to eat prior to class. Ages 15-over.

Cost: \$68 Resident, \$83 Non-resident
(Session 1), \$52 Resident, \$65 Non-resident (Session 2)
Drop In: \$12 Resident, \$15 Non-resident
Location: Recreation Center Meeting Room
Instructor: Linda Russell
Day/Time: Mon. 7:15-8:45pm
5601.301 M 6/18-7/23 (6 classes)
5601.302 M 7/30-8/27 (5 classes)

ADULT ENRICHMENT

Social Ballroom Dance (6 Classes)

When you go to a dance, do you envy those couples gliding around the floor? Are you going on a cruise, to a wedding or class reunion? This is your chance to shine! Join the beginning class and learn the basics in the Samba, Rumba, Cha Cha, Waltz, Foxtrot, Swing, Mambo, Tango and more. The Intermediate Class is a continuation of instruction from the Basic Class with the addition of NEW and advanced steps with emphasis on styling in all the dances. One basic series required before attending Intermediate Class. New intermediate steps every series. FOR COUPLES ONLY. Ages 16-over.

Cost: \$95 Resident, \$110 Non-resident (per couple)

Location: Forest Hill Christian Church, 250 Laguna Honda Blvd. SF

Instructor: Bart & Judy Lewis

Day/Time: Thurs., 7:30-8:30pm (beg), or 8:30-9:30pm (int.) Registration @ 7:15pm.

5105.301 Th 6/21-7/26(beg)

5105.302 Th 6/21-7/26 (int.)

Belly Dance (8 Classes)

Are you tired of aerobics or don't find Jazzercise very creative? Try Belly Dance! A dance with ancient origins, it is not only great exercise, but also is highly individualistic, allowing each dancer to develop her own unique style. Instruction includes dance styles from Egypt (Cabaret, Ghawazee, Saidi), Tunisia, Morocco, Turkey, Persia and Afghanistan. The course, for beginning through advanced teens and adults, will also include instruction in costuming techniques appropriate to each style. Bring three yards of sheer 45 inch wide fabric and a set of four finger cymbals. Ages 13-over. Females only.

Cost: \$60 Resident, \$75 Non-resident

Location: Monte Verde Elementary School

Instructor: Nancy Hernandez

Day/Time: Mon., 7-9pm

5106.301 M 6/18-8/6



Women and Investing (4 Classes)

Participants will learn the power of investing and how to examine their current financial situation, focus on their goals, control taxes, and manage financial risks. We will also discuss stocks and bonds, investing and retirement plans. Investments will be unveiled in simple, easy to understand language for everyone.

Cost: \$15 Resident, \$19 Non-resident

Lab Fee: \$8 payable to instructor at first class

Location: Recreation Center Conference Room 1

Instructor: Meg Finones

Days/Time: Wed., 6:30-8:30pm

5225.301 W 8/1-8/22

Drop In Basketball Mondays & Wednesdays

San Bruno's Gymnasium is located at 251 City Park Way

(Participants must show proof of age by valid California ID or Drivers' License or School ID).

\$2 - Youth Open Play
16 & Under
6:30-7:30pm

\$4 - Adult Open Play
17 & Over
7:30-9:30pm

This schedule is subject to change for
special events & holidays

Exercise Room

The San Bruno Exercise Room is located at the front of the Veterans Memorial Recreation Center. The room is 625 square feet, has natural sun light, fresh air circulation, and new workout equipment. Featured equipment includes a Universal Weight Lifting Machine, Olympic bench press and free weights, exercycle, treadmill, Stairmaster, Smith Glide Machine, Leg Curl/Extension machine, and dumbbells. Users must register at time of first use and carry San Bruno issued I.D. Card whenever using the facility. Please note: only San Bruno residents over the age of 18 are permitted to use the exercise room. All exercise room hours are Coed. Gym is closed on Tuesdays and Thursdays from 5:15-7pm for class.

San Bruno Residents Only

\$4 one day pass

\$24 per month

\$95 per 6 months

\$10 per month Locker Rental

Hours of Operation:

Monday-Thursday

8:00am - 9:00pm

Friday 8:00am-5:00pm

Saturday & Sunday

9:00am-1:00pm

ADULT ENRICHMENT

Chinese Martial Arts Kung Fu (6 Classes)

Come challenge yourself physically and mentally as you learn this traditional form of Chinese martial arts. In this introductory class, students will learn fundamental building blocks that will help develop skills required in more advance levels of Kung Fu training. The student will learn the origin of Chinese Martial Arts, customs and philosophies, and in turn develop a respectful attitude toward others and themselves. Students will learn basic stances, punches, footwork, and practical self-defense techniques. Students will also learn a Northern Shao-Lin form. Uniform and equipment may be purchased from instructor. Students signing up for Beginner II must have completed the Beginner I class and permission from Instructor. Ages 6-over.

Cost: \$57 Resident, \$71 Non-resident
Lab Fee: Equipment may be purchased from instructor
Location: Monte Verde School
Instructor: Robert Louie & Herb Leung
Day: Friday
Beginner I
5401.301 6:30-7:30pm 6/15-7/20
5401.302 6:30-7:30pm 7/27-8/31
Beginner II
5401.303 7:45-8:45pm 6/15-7/20
5401.304 7:45-8:45pm 7/27-8/31

Fun Part-Time Jobs (1 Class)

Get paid to sample food, to dine out, for your opinions, to shop, to go bowling, to work out in a gym, to be in a movie or TV, to share your hobby, and many more! No age limit, no education or experience required. Instructor Dan Tilles has done them all and will tell you who hires, how to apply, what they pay and everything else you need to know to make money having fun. Ages 18-over.

Cost: \$24 Resident, \$30 Non-resident
Lab Fee: \$1 payable to instructor at class
Location: South San Francisco Municipal Building, 33 Arroyo Dr.
Instructor: Dan Tilles
Day/Time: Mon., 7-9:30pm
5204.301 M 6/18

Guitar Level 1 & Level 2 (10 Classes)

Level 1 class is for beginners or guitarists who want to start a course from the beginning. In addition to learning basic techniques for the guitar, you will also learn to read all forms of musical notation for the guitar. Much focus is on developing a foundation for performing, and you'll begin to play solo and ensemble pieces.

Level 2 class is for beginning/intermediate guitar players who know triads/7th chords in the open position and are ready to shift up and down the first board, playing bar chords and movable scales. The class will rehearse blues, classical, rock, and folk music so the student should have some experience reading standard music notation. Ages 16-over. No class 7/4

Cost: \$159 Resident, \$174 Non-resident
Location: Millbrae Community Center, 477 Lincoln Circle
Instructor: Doug Cameron
Day/Time: Wed., 9:30-10:45am (Guitar 1), 11am-12:15pm (Guitar 2)
Guitar 1
5117.301 W 6/6-8/15
Guitar 2
5117.302 W 6/6-8/15

Seniors Piece of Mind (1 Classes)

Sponsored by Mark Hasha with Prudential Realty in San Bruno. Join us for presentations by various professionals. Topics include Identity Theft, Financial Investments, and Reverse Mortgages. This FREE informational seminar is the first in a series. A complimentary lunch will follow. Ages 55 and over.

Cost: Free
Location: Recreation Center Meeting Room
Instructor: Mark Hasha
Days/Time: Sat., 9:30am-12 noon
5802.301 Sat 5/19

Compost Workshop! (Free) (1 Class)

The County of San Mateo Master Composting Volunteers will provide a free workshop to the public to educate and demonstrate how to compost and worm compost. Each class is 2 hours long (will cover the same material) and since the instructors are volunteers there may be different instructors for different days. All volunteer Master Composters have completed an intensive Master Composter Training Program of 20 initial hours and monthly in-service training. Ages - All Welcome!

Pre-registration for this class is desired. In the case of no enrollment, class will be canceled two days prior to the meeting date.

Cost: Free!
Location: Recreation Center Conference Room 2
Instructor: San Bruno Garbage Co. & County of San Mateo Master Composting Volunteers
Days/Time: Sat., 9:30-11am,
Tues., 7-8:30pm
5205.301 Sat 6/23
5205.302 T 7/24
5205.303 Sat 8/25